



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Abhi's Sourdough Rolls


The bread used in this recipe is baked fresh by artisan baker Abhi's Bread, right here in Perth!



2 Italian One-Pan Chicken with Garlic Bread

A warming one-pan chicken stew featuring Italian flavours like oregano, basil, olives, garlic and tomato sugo, served with homemade garlic bread.

 30 minutes

 4 servings

 Chicken

26 March 2021

No oven?

Instead of making oven-baked garlic bread, you can dice/tear the bread and fry in a little oil/butter, garlic and dried herbs in a frypan to make crispy croutons. Or, simply serve the bread on the side as-is, adding the basil and garlic into the stew.

FROM YOUR BOX

DICED CHICKEN THIGHS	600g
RED ONION	1
CARROT	1
SMALL EGGPLANT	1
GARLIC CLOVES	2
TOMATO SUGO	1 jar
BASIL	1/2 packet (30g) *
LONG SOURDOUGH ROLLS	2
GREEN BEANS	1/2 bag (125g) *
STUFFED OLIVES	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, flour of choice, dried oregano

KEY UTENSILS

large frypan, oven tray

NOTES

You can also cook the chicken & veggies in the oven in an oven dish for 15-20 minutes. Stir in green beans after baking.

No gluten option – long sourdough rolls are replaced with GF rolls.



1. COOK THE CHICKEN

Set oven to 220°C.

Heat a frypan with **oil** over medium-high heat. Toss chicken with **1 tbsp flour, 2 tsp dried oregano, salt and pepper**. Cook for 5-6 minutes or until browned.



2. COOK THE VEGETABLES

Slice onion and carrot, dice eggplant and crush 1 clove of garlic, adding to pan as you go. Cook for 2-3 minutes then pour in sugo and **1 jar water**. Cover and simmer for 10-15 minutes (see notes).



3. MAKE GARLIC BREAD

Crush remaining garlic clove and roughly chop half the basil (keep remaining for serving), mix with **2 tbsp oil/butter**. Halve rolls lengthways and place on a lined oven tray. Spread with garlic mixture and bake for 5 minutes or until golden and crispy.



4. ADD GREEN BEANS

Chop beans into 3 cm pieces and add to frypan with drained olives. Cover and simmer for a further 3 minutes.

Season to taste with **salt and pepper**.



5. FINISH AND PLATE

Divide one-pan chicken stew into bowls and serve with garlic bread. Garnish with reserved basil leaves.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

